

Mental Health for Harris County Public Health Employees

The spread of COVID-19 has substantially disrupted our daily lives and has presented a variety of personal and professional challenges for employers and employees.





STAY IN TOUCH

- Check-in with staff frequently about the impact of COVID-19 and how they're coping with stressors or increased workload
- Spend some time at the beginning or end of meetings to check-in with your staff and practice self-care, such as group guided meditation or yoga
- Schedule some time to meet with or talk to each staff member 1:1
- Remind employees of self-care recommendations and encourage them to take breaks for self-care purposes (i.e., take a walk, stretch, meditate)
- Encourage employees to create a network of support by checking in with each other regularly.
- A lot of COVID-19 misinformation is shared, which can increase fear and stigma. Always ensure information is from a reputable resource before you share it
- Ensure you are communicating clearly, honestly and frequently with your staff



Recommendations for Managers

PRACTICE SELF-CARE

- Limit what you read or watch in the news related to COVID-19, take a break from the news if you begin to feel anxious or worried.
- Take breaks when you're feeling stressed, anxious or overwhelmed (i.e., take a walk, stretch, meditate).
- Maintain social distancing while at work and wash your hands frequently.
- Stay connected to your co-workers. Consider scheduling virtual events in place of face to face activities (i.e., Zoom Happy Hour or Trivia).

HARRIS CENTER

COVID-19 24/7 Support Line: 833-986-1919

NATIONAL INSTITUTE OF MENTAL HEALTH

TEXT "Talk With Us" 66746

While HCPH employees remain at work responding to COVID-19 and keeping the community safe, there are still many people in the community and perhaps in your household or family who need resources to alleviate the economic impact of the pandemic. Please find a list of currently available resources below.

MEDICAL CARE

- Through CIGNA employees can access same-day virtual appointments with a doctor or pediatrician
- Virtual behavioral and mental health care is also available through CIGNA
- Sign up for free COVID-19 testing at various Harris County locations

FINANCIAL ASSISTANCE

- Apply for aid with the help of the Houston Food Bank Community Assistance Program
- Baker Ripley Utility Assistance Program
- Rental assistance is in high demand, find future updates regarding Houston rental assistance [here](#)
- Apply online for small business loans
- Free and low-cost internet plans
- For health and safety reasons, your water will not be shut off for nonpayment
- Mortgage assistance is available through Fannie Mae and Freddie Mac

FOOD ASSISTANCE

- Find a Houston Food Bank partner near you or text 'FOOD' to 855-308-2282
- Check SNAP eligibility

GENERAL ASSISTANCE

- Call 211 to find out information on various programs available, including food, shelter, job training, counseling, delivery programs and many more.
- Apply online for Texas Benefits
- Unemployment benefits
- Federal tax deadline is extended by 90 days. The new deadline for filing taxes is now July 15, 2020.
- Houston Furniture Bank